#READREDANDORANGE

The very occasional newsletter of Balsall Common Run Club

Spring 2026 Edition

April 2026

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BCRC Back at the Track in March

Happy New Club Year!

Our Club year started on 1 April coinciding with the England Athletics affiliation year.

Having reduced our fees last year we have raised them back to the previous year's levels – roughly £5 per member largely in response to an increase in costs payable to England Athletics:

- Its own fees (which we cover from your subs) have gone up by £3 per member, and
- Our leaders must renew their license every 3 years and whilst this was previously free, EA now charges £20 fee per renewal. We have 5 leaders up for renewal this coming year.

Our subs still benchmark well against other local clubs, include EA affiliation which gives you discounted entry to many running events and our insurance coverage, our use of facilities at the Lant and a number of sessions at the Warwick University athletics track. We also use the income to maintain our website which, along with our members being visible in club kit when runnnng around the village, is our main 'shop window' to attract new members.

We will consider using some of our surplus funds to benefit the Club e.g. to support any members who wish to take the Leadership in Running Fitness course to become a run leader.

As we go to press it is great that most members have renewed.

Thank you!

Running Matters

A Cold Start to the Year

- 2026 got off to a slippery start with the Club unfortunately having to cancel 3 sessions in succession – unprecedented in its history – due to the icy and what we felt were unsafe conditions. We appreciate that some members are less risk averse than others and it is not an easy decision but on balance we felt it unwise to hold formal sessions, and as a Club would rather our members stay safe and not start the New Year with broken limbs or other injuries. Whilst it was our decision we were also aware that other local sports sessions including most of the nearby ParkRuns were cancelled over those weekends..
- Below are a few brave souls who gathered at the Lant on a bitterly cold Thursday evening before the session was cancelled and the Lant was closed for the evening.
- Normal service thankfully resumed by mid-January (with plenty of rain instead!)

Warm Up with Resync

- Our Run Leaders were pleased to welcome Abi Edmunds back to the Lant to give us advice on our warm-up routine. Abi has her own Physiotherapy & Wellbeing practice in the village ("Rysync") so it was great to further forge links with this local business.
- Whilst our "standard" routine has done the job, Abi advised on how we could make some modest changes and additions to make it more effective and you will have seen us introduce a few new elements ahead of our recent runs.
- As it was also raised at last year's AGM we have also tried to encourage members to stretch after their run to help with recovery and to avoid injury. We still have room for improvement as not everyone does!

Resync
Physiotherapy & Wellbeing

The Run/Walk Group

It is worth re-iterating a message we recently posted on the Club chat to dispel any myths…..

The run-walk group is vey important to us. As a Club we are there to support members who are new to or returning to running after illness, injury or time away from the sport.

From the Club's perspective the run-walk group is not an optional "add on" or in any way an 'inconvenience' – it is as important as any other pace or distance group, and we could make a case for it being more important. We are proud that we don't require members to be able to run at a minimum pace or a minimum distance– we want to support anyone who is keen to get into running and for them to enjoy it. The run/walk group is what we do, aimed at supporting members work towards their first non-stop 5k. If we are short on run leaders (more always welcome!) we will do our utmost to accommodate and support all of our groups – we can be inventive!

So, no one should think twice about signing up to the run/walk group or consider staying away.

Kit

The lead time for purchasing items in Club colours is around 8 weeks so now would be a good time to review items of kit needed for warm weather running.

Nigel and Dawn have some T-shirts in stock so possible to get hold of some sooner. They also have some kit of an earlier vintage which can be purchased at a bargain basement price – please give either of them a shout if you are interested.

A reminder that the link to the website portal is available on home page of the Club's website

Dates for your Diary

- **Club AGM – Tuesday 19 May 2026**

  It will be great to see as many members there as possible – the formal notice, agenda and papers have been issued. We can share and discuss our plans for next year and importantly get your thoughts and opinions on what the Club offers and where we can go further or improve.

- ***Track Sessions at Warwick Uni** are planned for:*
  - ***Monday 20 July**, and*
  - ***Monday 21 September***

  Both sessions will run from 19:00 – 20:00

- ***Warwickshire Road Race League** – as a member club of Warwickshire County Athletics Association it is always great to have as large a presence as possible at its events. Many sell out quickly so you need to be on the ball to enter. The forthcoming ones are:*

Race	Date
Ryton 5	Thu 21 May
Sphinx Summer 5	Wed 3 Jun
Two Castles 10k	Sun 14 Jun
Northbrook 10k	Sun 12 Jul
Stratford Summer 6	Fri 14 Aug
Summerfield 5k	Wed 19 Aug
Kenilworth Half Marathon	Sun 6 Sep
Balsall Common 10k	Sun 13 Sep
Rugby 10 mile	Sun 27 Sep

A Second FastAid Session

Thanks to those who came along to our second FastAid evening in January where this great local charity provided training to a number of us on how to deliver life-saving skills including CPR and use of a defibrillator. Unfortunately, not as good a turnout as we had hoped for (we had also reached out to the other Clubs affiliated at the Lant) but nonetheless a valuable evening for those who came along.

The Fast Aid crew are volunteers and we collectively donated £95 to the charity including a £50 donation from the Club.

Social – a Lot of Sleeps Until the Next One….

Christmas 2025 saw the usual Christmas jumper jog (and a couple of Thursday sessions touring the best Christmas lights of the village) and the Santa Dash finishing at Chez Steve Windsor who once again generously opened his doors to welcome #teamredandorange – or perhaps on this occasion simply #teamred for carols, snacks and a specially orchestrated rendition of The Fairytale of New York.

The Festive break also meant that we brought out the now traditional Balsall Commonopoly board again – with members signing up and joining Teams Car, Boot, Ship, Dog or Iron for the usual dice-driven fun around the village and stretching the rules to the limit. Well done again to Team Car for winning on points.

💘Valentine's Day Run 💖

Our Saturday 14 February run saw members celebrating with the "traditional" (?) wearing of hats, some more outlandish than others – guess who got the prize! - but all making the effort to don some form of headwear. 💘 💖

Back at the Track Plus Curry

The banner photo at the top of this newsletter shows BCRC back in action at Warwick Uni track in March – a much warmer evening that the same time last year, and followed by the now traditional post-track session curry at Sumatrah in Balsall Common. No photographic footage of the restaurant so a random image of some curry instead ☺ …

Weird Photo of the Month

This month's weird photo taken during an informal and unofficial run by some of our members along a soggy Wootton Green Lane which seems to be protected by lazers firing on our intrepid foursome.

Run Club does Darts

On Tuesday 10 February we held a Night at the Darts event at the Lant. This was to raise money for the Motor Neurone Disease Association (MNDA) and have a bit of fun in an activity that doesn't involve running. Although some members were not able to attend, there was a decent turnout and quite a bit of laughter although it wasn't clear how much of this was down to folks having fun and how much down to embarrassment. We definitely proved that none of us are budding darts champions but raised £125 for MNDA on the night and £760 overall, including other donations for Nigel's Cambridge Half Marathon run. A big Thank You to all involved.

MN Association

CAMBRIDGE HALF MARATHON

BCRC in Action

Nicky & Chris had fun at the Hook Norton Christmas Canter

Nicky & Chris, Kim and Alison smashing it at the Warwick Half Marathon

Nicky at Hibernal Hills 50k Ultra

Andy at the Milton Keynes Winter Half Marathon

Kim and Alison at Naseby's 16.45 mile

Emma at the Malaga Half MArathon

Carron at the Inverness Half Marathon

Nigel and Mike at the Cambridge Half Marathon

Nicky & Chris at the Ashby 20